



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick reference guide of changes for the upcoming Girls and Boys Track & Field Seasons. Coaches must refer to their IHSA Schools Center and the Track Manual for Schools for complete instructions and any Coaching Deadlines to remain eligible to compete this school term. Please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org) with any questions about official rule interpretations or recommendations for rule changes for next year.

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Head Coaches and Officials must view the online Rules Interpretation Presentation (Schools & Officials Center). If you have trouble getting credit after viewing, contact Cheryl Lowery (clowery@ihsa.org) at the IHSA Office before viewing again.
3. Read the Track Manual for Schools that can be found in the "Resources" section of the Track & Field page of the IHSA website (www.ihsa.org). This manual, along with many other resources found in this section, provides an abundance of information pertaining to the track & field season.
4. **Do Not Ignore emails YOU RECEIVE from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.

IMPORTANT

5. Sectional Online List of Participants Declarations *If a school does not submit all or part of the Sectional Online List of Participants by the deadline, the IHSA administrator for Track & Field may permit late LOP entries with a \$100 penalty fee. The IHSA administrator for Track & Field may waive the \$100 penalty fee for extenuating circumstances. Other penalties for failing to complete the Sectional Online List of Participants by the deadline could include, but not be limited to being ruled ineligible to coach and/or athletes being ruled ineligible to compete in the State Series. Entered schools that do not submit their Sectional Online List of Participants are consequently ruled ineligible for the State Final Series and will be withdrawn from the state series. A \$100.00 penalty fee will be assessed for failure to withdraw before the LOP deadline, and the school will be locked out from entering through the School's Center during the next school term.*

6. Coaches Data Form (Available March 30, 2024): *Schools must declare their **coaching staff through the IHSA Schools Center Sport/Activity Tracker.** If a school doesn't list its coaching staff, IHSA will provide one Head Coach wristband in the name of the Head Coach listed in the IHSA Schools Center. No other wristbands will be issued for that school. Assistant coaches not listed will have to purchase a ticket for admission. All State Final Qualifiers are required to have a coach represent their athletes at all IHSA State Finals. A state final school packet will not be given to any school who doesn't have a Head Coach representing their school.*

7. Six Contest Verification: *This verification is in the Coach Data Form on page 3. This only applies to teams who competed in six-contests and are eligible for a trophy and team Honors at the State Final.*

NFHS TRACK & FIELD RULE CHANGES

To view changes, please use the following link: <https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2023/>

IHSA TRACK & FIELD TERMS & CONDITIONS CHANGES:

https://www.ihsa.org/Portals/0/T%26F%20August%2030%2C%202023_1.pdf

To view changes, please review the Track & Field Advisory Committee Minutes through the following link:

<https://www.ihsa.org/documents/adv%20minutes/22-23/22-tr-minutes.pdf>

IHSA REMINDERS

1. **Uniform - In Illinois** the uniform and undergarments worn by cross country teams and track and field RELAY TEAMS must be SIMILAR, NOT IDENTICAL. **Undergarments** do not apply to the uniform rule. The uniform rule in Illinois is interpreted to provide some flexibility for schools under the pressure of tight budgets. When interpreting uniforms for cross country teams and track and field relay teams consider the following: Are the uniforms being worn similar enough so that a person standing at the finish line can easily determine that the competitors running for the same school are teammates? Ultimately, this is a judgement call that will be made by the meet referee, common sense should prevail.
2. **Uniform DQ** - In Illinois, we do not disqualify a competitor for a uniform first violation after they have passed through the clerk's inspection and are racing or have finished their race (unless alterations are made after the competitor passes inspection). In this case they would be disqualified for unsporting conduct.
3. **Legal in Illinois:** Jewelry, watches, Removable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands
4. **Video Replay and Television Monitoring Equipment:** Use of video replay or television monitoring equipment from sources other than the equipment approved by the IHSA (or meet manager) WILL NOT be used to make decisions related to the state



series meets. Only IHSA state meet officials, including the games committee (when called upon by the meet referee to do so), will have the authority to review ONLY the IHSA official video results.

5. **Pole Vault:** All schools conducting the pole vault MUST have in place a box pad meeting the ASTM Standard approved by the NFHS. **YOU MAY NOT POLE VAULT WITHOUT THE PAD!**
6. **Throwing Events:** The safety of participants, coaches, spectators, and officials is of utmost importance during throwing events. Please use the following link to view safety guidelines for the throwing events: https://ihsa.org-my.sharepoint.com/personal/kraig_ihsa_org1/_layouts/15/guestaccess.aspx?docid=06c945855be8841909a78ec3051c7e888&authkey=AaD5Ec-3bsJkTbzCB6m95Xw

2024 IHSA BOYS/GIRLS ABLE-BODIED & WHEELCHAIR ATHLETES QUALIFYING STANDARDS

The Qualifying Standards for each individual and relay event was calculated for classes 1A and 3A by determining the **5-year** average of the 21st place time/distance/height from all sectionals. For class 2A, a **5-year** average of the 16th place time/distance/height in individual events and relays was used. Using this process, the qualifying standards are:

Event	1A Girls	1A Boys	2A Girls	2A Boys	3A Girls	3A Boys
LJ	5.00m (16-5)	6.29m (20-8)	5.10m (16-9)	6.47m (21-3)	5.35m (17-7)	6.75m (22-2)
PV	2.76m (9-1)	3.70m (12-2)	2.97m (9-9)	3.88m (12-9)	3.12m (10-3)	4.16m (13-8)
HJ	1.52m (5-0)	1.85m (6-1)	1.54m (5-1)	1.85m (6-1)	1.57m (5-2)	1.90m (6-3)
SP	10.79m (35-5)	14.37m (47-2)	10.66m (35-0)	14.80m (48-7)	11.22m (36-10)	15.57m (51-1)
TJ	10.18m (33-5)	12.54m (41-2)	10.56m (34-8)	12.87m (42-3)	11.04m (36-3)	13.36m (43-10)
DISC	33.45m (109-9)	43.05m (141-3)	33.42m (109-8)	43.94m (144-2)	35.20m (115-6)	46.71m (153-3)
4 X 800	10:35.51	8:33.28	10:15.75	8:22.06	9:43.60	8:02.54
4 X 100	:52.12	:44.52	:50.59	:43.66	:49.34	:42.97
3200	12:26.55	10:12.64	11:47.44	10:01.23	11:11.19	9:33.35
100 HH 110 HH	:16.86	:16.26	:16.59	:15.61	:15.92	:15.40
100	:12.95	:11.33	:12.75	:11.13	:12.45	:11.07
800	2:28.15	2:02.71	2:25.12	2:01.75	2:20.60	1:58.38
4 X 200	1:51.76	1:33.68	1:48.87	1:31.53	1:45.77	1:30.64
400	1:01.87	:52.01	1:00.71	:51.55	:59.51	:50.72
300 LH 300 IH	:49.47	:42.37	:48.74	:41.55	:47.23	:41.10
1600	5:36.90	4:39.54	5:26.27	4:34.80	5:11.78	4:23.60
200	:26.96	:23.05	:26.29	:22.59	:25.75	:22.33
4 X 400	4:19.68	3:35.19	4:13.85	3:31.31	4:05.50	3:26.76

Athletes with Disabilities Wheelchair Track & Field Qualifying Standards:

Event	Wheelchair Athletes	
	Boys	Girls
SP	1.83m (6-0)	1.22m (4-0)
DISC	4.75m (15-0)	2.44m (8-0)
100	:40	:45
800	6:00	6:30
400	3:00	3:15
200	1:25	1:35

Note: The field event qualifying standards above show both the metric distances/heights along with the English distances/heights in parenthesis. The metric measurements will be used in determining qualifying marks for all field events. The English measurement conversions in parenthesis are only listed for convenience and are not necessarily exact conversions. Therefore, at the sectional meets, the metric distances/heights are what will be used to determine if a qualifying standard has been met by a competitor. In other words, the English conversions listed in parenthesis will not be used or considered to determine if a qualifying standard was met.

IHSA TRACK & FIELD IMPORTANT DATES

August 30:	2023 Track & Field Advisory Committee Meeting
December 5:	First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center. Track & Field Manual posted (School's Center and Cross-Country Activity web pages).
January 15:	Practice may begin
January 29:	1 st Contest Date.
February 1:	School Participation Team/Individual Entry Deadline. The policy for Original School Entry Deadlines , Late Entries , and Late Withdrawals shall be the policies and procedures regarding entry for all IHSA-sponsored sport/activities. For complete instructions, please login to the IHSA Schools & Officials Center with your Official Representative USER ID and Password. Click on the activity tracker and click the button to add sports for the upcoming spring.
February 26:	Coaches can begin adding their roster to Athletic.net
February 27:	Online Rules Presentation/Officials Exams deadline. Official's availability calendar deadline Probation and Suspension calculated for Schools and Officials.
March 1:	Officials Assignment process begins.
March 30:	Coach Data Form Available in the IHSA Schools Center -Sport/Activity Tracker

School Assignments will be posted mid-March

Girls: <https://www.ihsa.org/Sports-Activities/Girls-Track-Field/State-Series-Information-Results>

Boys: <https://www.ihsa.org/Sports-Activities/Boys-Track-Field/State-Series-Information-Results>
(School's Center and Cross-Country Sport/Activity web pages)

IHSA Will ASSIGN Two (2) licensed officials for each Regional/Sectional for those who made themselves available through their Officials Center availability calendar

May 5 (Girls) and May 12 (Boys) MIDNIGHT DEADLINE:

Track & Field Sectional Entries/Roster declarations - Athletic.net

AND

***Coaches Data Form w/six contest verification via IHSA Schools Center; Coaches Sport/Activity Tracker
State Series Coach Data Form: Complete the coach data form located in the [IHSA Schools Center/Sport/Activity Tracker](#).***

Page 1: Instruction page;

Page 2: Coach Declarations;

Page 3. Six-Contest Verification;

Page 4: Certify & Submit. IMPORTANT: If you do not Certify and Submit, reminders will continue to be emailed.

May 7:	IHSA Girls Track & Field Online Seeding Meeting
May 8-10:	IHSA Girls Track & Field Sectional Meets
May 14:	IHSA Boys Track & Field Online Seeding Meetings
May 15:	IHSA Girls State Final Practice/School Packet Pick-up begin Wednesday at 4:00 p.m.
May 15-17:	IHSA Boys Track & Field Sectional Meets:
May 16-18:	IHSA Girls State Meet
May 22:	IHSA Boys State Final Practice/School Packet Pick-up begin Wednesday at 4:00 p.m.
May 23-25:	IHSA Boys State Meet
August 28:	Online Advisory Committee Meeting